

	Q1	Q2	Q3	Q4	Q5	Total Qs
PLAYER 1	X		X			2
PLAYER 2	X		X			2
PLAYER 3	X		X			2
PLAYER 4	X		X			2
PLAYER 5	X		X			2
PLAYER 6		X		X		2
PLAYER 7		X		X		2
PLAYER 8		X		X		2
PLAYER 9		X		X		2
PLAYER 10		X		X		2
	5	5	5	5		

With 10 players, everyone plays 2 quarters, 1 in the first half, 1 in the second. Free subs in the 5th

	Q1	Q2	Q3	Q4	Q5	Total Qs
PLAYER 1	X	X		X		3
PLAYER 2	X		X			2
PLAYER 3	X		X			2
PLAYER 4	X		X			2
PLAYER 5	X		X			2
PLAYER 6		X	X			2
PLAYER 7		X		X		2
PLAYER 8		X		X		2
PLAYER 9		X		X		2
	5	5	5	4		

With 9 players, 2 players will play 3 quarters in the first four. Free subs in the 5th.

Remember - everyone has to play 2 quarters before anyone can play 3. No one can sit for two consecutive quarters.

	Q1	Q2	Q3	Q4	Q5	Total Qs
PLAYER 1	X	X		X		3
PLAYER 2	X	X		X		3
PLAYER 3	X		X			2
PLAYER 4	X		X			2
PLAYER 5	X		X			2
PLAYER 6		X	X			2
PLAYER 7		X	X			2
PLAYER 8		X		X		2
	5	5	5	3		

With 8 players, 4 players will play 3 quarters in the first four. Free subs in the 5th.

Remember - everyone has to play 2 quarters before anyone can play 3. No one can sit for two consecutive quarters.

	Q1	Q2	Q3	Q4	Q5	Total Qs
PLAYER 1	X	X	X			3
PLAYER 2	X	X		X		3
PLAYER 3	X	X		X		3
PLAYER 4	X		X			2
PLAYER 5	X		X			2
PLAYER 6		X	X			2
PLAYER 7		X	X			2
	5	5	5	2		

With 7 players, 6 players will play 3 quarters in the first four. Free subs in the 5th, however I would recommend playing the 7th player in the 5th since they are the only one who has not played 3 quarters yet.